1:Gabb N-5 (1873-1874) 1876
SA19 Talamanca SA19

273 ear and ejected them from her mouth into the calabash. The rapidity of the process was marvelous. She seemed to shave all the grains from an entire ear almost without stopping. There did not to seem be much chewing done, but of course the object was to obtain the saliva secreted during the operation. As fast as her calabash was full she emptied it into the jar of chicha, and proceeded to refill it. I lay in my hammock fully half an hour watching her until she had finished. The next day that chicha was drank and pronounced excellent. I never tried this kind. Such is the force of prejudice. I learned early to prefer doing my own eating.

262 Beans are also used to some extent, but the quantity planted is generally small, and the people soon have to return to their regular plantains and chicha. I do not think I ever saw half a bushel of beans together in one house. They are large, dark, and generally mottled. They never become very hard, and are of a very good flavor. Small quantities of sugar [249] cane, of a very excellent quality, are raised, but it is only for the purpose [263] of chewing. They never attempt to make sugar or syrup, although some of the foreigners in their country as well as the negroes on the coast make the latter, and the Indians are perfectly familiar with the process. Of the foreigners in the country, perhaps a dozen in all, sambos or mulattoes, with the exception of Mr. Lyon, all raise rice as one of their most important food-staples. The Indians are fond of it, frequently buy it, but never [439] attempt to cultivate it. Of the less important items, they have the fruit of a species of palm called *du-ko'* (*pejiballe* of the Spaniards). This is a small pear-shaped fruit, growing in great clusters; it has a thin skin on the outside, and a small round seed in the centre. It may be compared to a diminutive cocoanut, the edible portion corresponding with the fibrous husk of that nut. The seed corresponding with the cocoanut proper, is solid and very hard, but has a pleasant flavor. The fruit is [245] very easily raised, requires no care beyond the first planting, and a little weeding for the first year or two, and yet, except at Sarwé, it is very scarce. It is from the wood of this tree that the bows, the arrow tips, 824 the planting and fighting-sticks, &c., are made. Another species of palm furnishes a food, agreeable to the taste, an excellent salad when properly dressed, a perfect substitute for cabbage when cooked, but withal, as my party discovered on one hard journey we made, not very nutritious. It is the bud of tender, half-formed leaves at the top, and can only be obtained by cutting down the tree. It is similar to the deservedly famous palm cabbage of the West Indies, and differs principally in being only about half as large. We found, after living on it almost alone, for nearly a week, that it was good principally for deceiving one's self into starving on a full stomach. *Kilili*, or "greens" is a favorite dish, probably not much more nutritious than the last. It is made from various tender leaves, put into a pot with little or no water, and gradually steamed into a paste with their own juice. This is eaten [263] with salt when they have it; otherwise, without.

177 Ricans has unfortunately gained in degree
648 since the advent of the vanguard of road-builders for the Pan-American Highway. To date, they have, however, managed to keep relatively free from inter-mixture either by marriage or by cohabitation with non-Indian

[Continued p. 5-B, first paragraph]

VILLAGES

361 The village of Boruca is situated in a low depression on undulating hills, about 6 miles inland from the River Diquis (see fig. 3, *a* and *b*) and at an altitude of approximately 466 meters. As a rule, the day-time temperature [132] is between 75 or 78 degrees F. The nights are fairly cool, and during the dry season, fog or a very heavy mist is common in the early morning often lasting as late as eight or nine o'clock. These hillocks have been cleared of forest, and are quite bare save for a few scattered shade or fruit trees. There are no [363] streets, but several narrow foot and animal paths extend through the town. The Indians are accustomed to pick their way over the grass to the houses which are scattered over and in between the hillocks, forming a picturesque panorama which can be best seen from the summit of the two tall hills which flank the village on the northern and southeastern sides, respectively. Eastward, a trail leads down to a mountain spur which extends in a northeastern direction toward Curré, some 6 miles distant. Formerly, Boruca had [346 177] a *cabildo*, or town hall. Today, this has disappeared, and the wooden schoolhouse and church with its haphazard wire fence are the only semblances of *ladino* architecture.

[351 417] Although most of the houses have no fences, a very few have wooden ones, hemming in a garden with colored crotons, flowers, or some fruit trees. The school is starting a *manzana* ● [245] of vegetables and fruit trees on the outskirts of the town. A small creek, with tree- or 312 bush-lined sides, known by the Spanish name of *La Quebrada* or the Boruca name of *Tupsi*, flows through the community, supplying

[Continued p. 5-B, second paragraph]

SUBSISTENCE ACTIVITIES

241 **Farming.** The farms of the *Boruca* contain from three to five *manzanas*, a *manzana* usually comprising about ten thousand

[continued p. 5-B, last paragraph]

[804] = A *vara* equals 33 inches.

243 flint-corn," and the other as "dent corn." The various colors are secondary characteristics, and cannot be classified as distinct specimens.[20] The bean preferred is a variety
244 (*Phaseolus vulgaris* L.) found, in Costa Rica, only among the *Boruca*.[21] It is a pole bean, and is red with large white spots.

241 The Indians visit their farms daily, leaving
[512] the village early each morning and returning about four or five in the afternoon. They take with them a lunch usually consisting of
[262] one or two items including either a tamale called *tʃari-kɔ*, which is made of dried green plantains, or chicha made from corn. The
[462] primary clearing of the forest to make the field is done by both men and women. The felled trees are burned in the dry season, and from then on, only the women, often assisted by the children, do the work.

245 In the village, and often on the savannas, guavas (*guayabos*) (*Psidium Guajava* L.), *Inga* (guavas) - (*Inga spectabilis* [Vahl] Willd.), Spanish plums, *jocotes* (*Spondias purpurea* L.), and nances (*Byrsonima crassifolia* [L.] DC.) are found. These trees, although apparently not cultivated today, may well have been so in ancient times.

Gathering and Cultivating Methods.
412 The agricultural implements of the present-
[177] day *Boruca* are almost completely borrowed from the *ladino*. The common tools are broad machetes and *macanas*, which have possibly evolved from a digging stick, and are made with a wooden shaft or handle and a small iron flat-edged blade at one end. This is used for digging holes or even cutting roots in the field. Spades and an instrument called a *cuchillo*, which is a long knife or machete, are also common.

243 The women open holes for sowing, using a
[462] long pole with a point at one end. The seeds are carried in a gourd (see p. 19) in one hand, and sown with the other. Ordinarily

form, as well as to make chicha. It is particularly prized, along with other colored ears, as ritual offerings to the saints or to ancient gods.

[20] The writer thanks don Jorge Leon of the Institute of Inter-American Affairs, Food Production Division, San José de Costa Rica, for the above information.

[21] The Boruca bean is also known in Guatemala, particularly in the west, where it is called *pinto*.

241 462 [178] Women formerly felled trees and did as much field labor as the men. Today, however, women do not clear the forest although they do cut the weeds and grass. On both sides of the range, men and women work in the fields and harvest crops.

262 241 **Cultivated Crops.** The basic diet of these peoples consists of tubers, *pejibaye*, cacao, bananas,[61] and plantains.

244 The importance of tubers is easily understood when one takes into account the following advantages: they can be grown in a wide range of soils; propagate without trouble; have few serious pests; will tolerate heavy rainfall; and are available throughout the year. The [137] principal root crops are yucas (*Manihot esculenta* Crantz) including the white, yellow, reddish, and purple varieties;[62] *tiquisqui* or *malanga* (*Xanthosoma violaceum* Schott); white and yellow *ñame* (*Dioscorea* spp.) and purple and white *ñampi* (*Dioscorea trifida* L.).

● 245 Cacao, bananas, and plantains are also year-round products which, once planted, do not need constant attention.

245 262 In fact, most of these basic foodstuffs are in production continually, assuring a permanent source of food. The *pejibaye* usually bears twice a year and requires from two to seven years of growth before producing its first crop. The value of its fruit as an element of diet, however, cannot be underestimated.[63] [137] There are several kinds of *pejibayes*—some red and some yellow, both with and without seeds.[64] They have been a traditional item of diet for the Talamancans since pre-Columbian times when they appear to have been cultivated extensively.[65] They are present at every ancient and modern indigenous site, but are not found wild in the forest.

262 241 This basic diet is supplemented with several varieties of beans among which are the *kubas*

[137] [177] [61] The banana is not an indigenous American foodstuff. It was brought to this continent at the time of the Spanish conquest by Friar Tomás de Berlanga.

[62] These names apply chiefly to the plant without the tuber. The distinguishing characteristics are: white yuca has many and large leaves and a straight trunk; yellow yuca has a yellow trunk and tuber; purple yuca has purple leaves but the root is white; red yuca has red leaves and white tubers.

[63] For food value of this fruit, *see* Appendix I.

[64] The Boruca are the only Costa Rican people who

6:Stone E-5 (1956-1959)1962
[P. 12(B)] SA19 Talamanca SA19
Bribri
Cabecar

262 (*Phaseolus lunatus* L.), a mottled bean, a kid-
241 ney bean, as well as squash and pumpkins of diverse sort.[66] In the Talamanca Plain and on the Pacific slope, rice is becoming steadily more popular today in comparison with the past century when it was not raised at all.[67] It has, however, no indigenous name as have the citrus and the members of the banana (*Musa* spp.) family. Sugar cane is rare and is not used in other form than masticated for the juice. The alligator pear and some orange and West Indian lime trees are seen. None of these are planted on a large scale and the citrus seeds, in the Caribbean area at least, are usually dried for propagating purposes by storing them over the household fire (*see* Furnishings). On the Pacific slope and in the Talamanca Plain, garlic, onions, and in particular among the Cabécar of Ujarrás, other truck garden vege-
● [245] tables are grown. In this last region, coffee is
[272] raised as a cash crop but is seldom used per-
[439] sonally. Rice and tobacco are also cultivated and sold on the Pacific side.

262 Among the Talamancan peoples maize is of secondary importance as a foodstuff and is
[243] raised primarily for making a fermented drink,
[273] chicha (*see* Beverages), which is also prepared
[231] (and often preferred) from yuca, *pejibaye*, and plantains, or is fed to the hogs. Only occasionally is it eaten (*see* Food Preparation). It is interesting to note that from the earliest historical times this inferior position of maize as an aliment made an impression on the Spaniards who had been accustomed to the importance of this grain in indigenous diets since their first glimpse at Mexico. In an ac-
[175] count written in 1697 by Fray Francisco de San José concerning the Térrabas, Cavécares (Cabécares), and Talamancas (Bribri), we find, for instance, the following statement: "The provisions of the first three nations are few and very little maize. . . ." [68] In all early

[137] have a *pejibaye* without thorns, although the Guatuso have a name for this. The Chirripó are famous for the seedless variety.

[66] Stone, 1956.

[67] For a more complete list and the indigenous names *see* Cultivated Food List.

[68] *See* Gabb, 1875, p. 522.

[68] Fernández, 1886, vol. V, p. 373. ". . . Los bastimentos de las tres primeras naciones son pocos y el maíz poquísimo. . . ."